

# Suicide Prevention Resources

March 2013

## Crisis Lines:

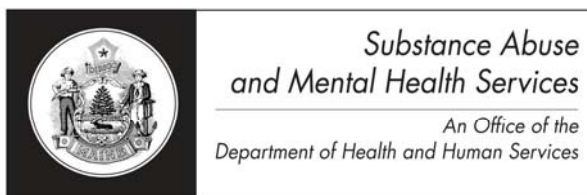
**Maine**  
**1-888-568-1112**

**National**  
**1-800-273-TALK**  
**(1-800-273-8255)**

## Substance Abuse and Mental Health Services Information and Resource Center

*Department of Health and Human Services*

**For Resources listed in this catalog, call 1-800-499-0027**



Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

This publication contains a partial listing of resources on suicide prevention housed at the Information and Resource Center (IRC). The IRC serves all citizens in Maine. Anyone can browse our catalog and borrow books, or obtain pamphlets and other resource materials. Videos are loaned free of charge to any organization in the State of Maine.

**Our library catalog is online at: [www.maineosa.org/irc/](http://www.maineosa.org/irc/)**

Information and Resource Center  
Substance Abuse and Mental Health Services  
11 State House Station  
41 Anthony Ave.  
Augusta, Maine 04333-0011

Telephone: 1-800-499-0027 (in Maine)  
or 207-287-8900  
TTY: 711 (Maine Relay)  
FAX: 207-287-8910  
E-Mail: [osa.ircosa@maine.gov](mailto:osa.ircosa@maine.gov)  
[www.maineosa.org/irc/](http://www.maineosa.org/irc/)

To order books, videos or pamphlets:

1. Call us toll-free at 1-800-499-0027 or on our TTY at 711 (Maine Relay)
2. E-mail a request to [osa.ircosa@maine.gov](mailto:osa.ircosa@maine.gov)
3. Fill out the online request form available on our web site: <http://maineosa.org/irc/>
4. Fax a request to 207-287-8910.

## VIDEOS

---

### **BIG SHOT**

*Grade Level:* 6-12, Adult

*Details:* 20 min., 1994, Pyramid Film and Video

*Synopsis:* Guns can kill by accident, and these accidents often involve young children. How do we educate our children and protect them from this terrifying cycle? In this video two teenagers "borrow" a gun for target practice, and a devastating tragedy unfolds when a younger brother is accidentally shot.

NOTE: Processing may be necessary.

### **A CRY FOR HELP: HOW TO HELP A FRIEND WHO IS DEPRESSED OR SUICIDAL (DVD)**

*Grade Level:* 6-12, Adult

*Details:* 22 min., 2005, Paraclete Press

*Synopsis:* Most suicidal young people don't really want to die; they just want their pain to end. Teen suicide is often preventable if people know the signs to look for and the steps to take when they suspect a friend is suicidal. Through honest discussions by groups of teens, this video prepares young people to listen and care in one of the most challenging situations they might ever face: stopping a friend from taking his or her own life. This video covers topics such as: understanding depression and its connection with suicide; recognizing verbal, behavioral, and situational signs that show a friend is suicidal; intervention skills for helping a suicidal young person; and the do's and don'ts when reaching out to a suicidal friend.

### **DAY FOR NIGHT: RECOGNIZING TEENAGE DEPRESSION**

*Grade Level:* 8-12

*Details:* 26 min., 1999, Pyramid Media

*Synopsis:* This video offers an in-depth look at the signs, symptoms and treatment of teenage depression. It includes interviews with teens who are dealing with clinical depression and bipolar disorder. Featuring the teens' family and friends as well as interviews with health professionals, the goal is to provide education, support and hope to teens suffering from this debilitating yet very treatable disease.

### **DEPRESSION: ON THE EDGE (IN THE MIX SERIES)**

*Grade Level:* 7-12

*Details:* 30 min., 1998, Castle Works Inc.

*Synopsis:* This In the Mix special breaks down taboos and common myths about depression in young people, speaking honestly and showing teens where and how to get help. Three teens who have been diagnosed and

treated for depression recount their battle and victory. Dr. Belisa Lazano-Vranich from the National Mental Health Association gives us a doctor's eye view of the symptoms, causes and solutions surrounding depression. A visit to Pierre South Dakota investigates why this city of 13,000 has the highest per capita rate of teen suicide in the U.S. Pierre residents show how teens and adults have joined together to confront the issue with education and prevention. Finally, In the Mix takes an intimate look at the friends and family left in the wake of suicide.

### **DEPRESSION: TRUE STORIES (DVD)**

*Grade Level:* 6-12, College, Adult

*Details:* 26 min., 2007, Blakeworks

*Synopsis:* This video provides first person accounts of the suffering associated with this life threatening illness - depression. At the same time, it inspires hope about the power of treatment. It is designed to educate adolescents, young adults, parents, other caregivers, and health care professionals about a serious illness that can and should be treated.

### **DON'T KILL YOURSELF: ONE SURVIVOR'S MESSAGE:**

*Grade Level:* 9-12

*Details:* 25 min., 1998, Kinetic

*Synopsis:* This is the story of a young man, David, who, at 16 years of age, survived a suicide attempt. Now 22, he shares the events of his life leading up to the attempt, including how low self-esteem led to drug addiction, and how the addiction encouraged the sense that life was no longer worth living. David goes on to describe the suicide attempt, his recovery from addiction, and how he has since changed his life.

### **EARLY SIGNS OF DISTRESS (YOUTH VIOLENCE PREVENTION TELECONFERENCE) (program 3)**

*Grade Level:* Adult

*Details:* 45 min., 2000, Natl. Education Association

*Synopsis:* How does a system identify and respond to warning signs of distress in children? What are some effective and comprehensive responses? What is an appropriate role for the school and its employees? How do we avoid stigmatizing children who may be in trouble? This program will look at two school communities - one in Los Angeles, CA and the other in Westerly RI, and their efforts to understand and heed the messages that young people send.

### **FATAL MISTAKES: FAMILIES SHATTERED BY SUICIDE**

*Grade Level:* Adult, Prof

*Details:* 45 min., 1998, American Foundation for Suicide Prevention

*Synopsis:* Fatal Mistakes chronicles the recovery of several families in the aftermath of suicide. The film introduces brothers and sisters, daughters and sons, mothers and fathers who struggle daily with the loss, stigma, blame, and shame that inevitably accompany such a tragic death. These "survivors" share their common experience with the hope that they will comfort others experiencing similar grief and prevent others from experiencing the pain of losing a loved one to suicide.

### **FIERCE GOODBYE: LIVING IN THE SHADOW OF SUICIDE (VHS & DVD)**

*Grade Level:* Adult

*Details:* 44 min., 2004, Mennonite Mission Network

*Synopsis:* In this documentary five families share their pain in dealing with the numbing after effects of suicide. Additional families, individuals, mental health experts, Bible scholars and theologians add their experiences and insights in dealing with the issue of suicide. It looks at the role of faith and suicide: where is my loved one now? Can they be forgiven? How can I still have faith and go on? Hosted by Judy Collins, the program also features Dr. Kay Redfield Jamison, professor of psychiatry at Johns Hopkins University. \*DVD also contains: Family stories in more depth, Role of mental illness and depression in suicide, Suicide and beliefs about God and after death experiences.

### **THE GIRL MOST LIKELY TO...**

*Grade Level:* 7-12, Adult

*Details:* 25 min., 1993, Bureau for At-Risk Youth

*Synopsis:* Sheri comes close to the breaking point when she tries to fulfill her father's dreams for her to go to college.

### **GRIEF: HOW TO HELP CHILDREN FEEL, DEAL AND HEAL**

*Grade Level:* Adult

*Details:* 85 min., 1999, Corporate Image

*Synopsis:* This video is designed to help parents, teachers, counselors and caregivers guide children through their grief.

### **INNER VIEWS OF GRIEF**

*Grade Level:* 7-12, Adult

*Details:* 30 min., 1995, Fanlight Prod.

*Synopsis:* Five young adults from ages 14 to 26 discuss their reactions to the sudden, sometimes violent death of a parent, sibling or friend. These young women and men talk about what helped them at the

time of death, how family relationships changed, how they have coped with their feelings, and the ways they have commemorated the deceased. This video can serve as a teaching tool for mental health professionals, teachers, school crisis teams, hospice workers, clergy, funeral directors, parents and bereaved individuals of all ages. It is highly recommended that the video be facilitated by someone skilled in leading discussions on grief response. The video often evokes strong emotions in viewers. The facilitator should feel competent in being able to support the viewer responses.

### **IT'S NEVER TOO LATE: STOPPING TEEN SUICIDE**

*Grade Level:* 9-12

*Details:* 28 min., 2004, Human Relations Media

*Synopsis:* Armed with the latest statistics and facts on teen suicide, this program teaches viewers how to recognize and respond to the risks of teen suicide. The video stresses that students should not be afraid to ask if a peer is thinking about suicide and that it is important to get help. It includes the true story of several teens who recognized the warning signs in a classmate, contacted a trusted adult, and--because of their intervention--saved a life.

### **JOURNEY THROUGH THE SHADOWS (DVD)**

*Grade Level:* Adult, Prof

*Details:* 50 min., 2011, Paraclete Press

*Synopsis:* Suicide is an earth-shattering experience...the suddenness, the inability to explain why our loved one chose to end his or her life. What did we do or not do? So much pain and sorrow how can we survive? Through interviews with counselors and survivors, this video offers ways to help survive grief after someone you love has committed suicide showing that you are not alone and you can make it through this life-changing experience.

### **KIDS AND GUNS: MAKING THE RIGHT CHOICE**

*Grade Level:* 6-8

*Details:* 30 min., 2000, ME Youth Suicide Prevention

*Synopsis:* 'Kids and Guns: Making the Right Choice' was designed to educate children in grades 6-8, parents and other concerned adults about staying safe around guns. Performed by real students, three situations involving firearms are demonstrated in a school play format. Also included are segments about youth suicide, with a shooting victim, and with parents who lost their 15-year-old son. The video is recommended for use by law enforcement, firearm safety instructors, health educators, after school programs, youth group leaders, and public safety and medical care staff.

### **LET IT NOT BE IN VAIN**

*Grade Level:* 9-12, Adult

*Details:* 44 min., 1998, Media Guild

*Synopsis:* This true story of a teenager's suicide resulting from alcohol abuse is told by his family and friends. Viewers learn how to recognize the symptoms of acute alcohol intoxication and what to do when a friend exhibits these symptoms. They also learn the warning signs for suicide and how to respond to a friend who may be feeling depressed, angry, hopeless and/or helpless. The video begins with a class lecture given by the teenager's mother. Interviews with friends and family help recreate his last hours. This video will stimulate class discussion about preventing major causes of death in young people.

### **LIFE 101-LEARNING TO SAY YES!**

*Grade Level:* 8-12

*Details:* 31 min., 1991, Pyramid Film & Video

*Synopsis:* Life can at times be painful. But getting rid of the pain doesn't have to mean throwing that life away. Suicide is one of the most difficult and urgent issues teens face. Talking about it means talking about feelings of loneliness and inadequacy which most of us try very hard to set aside. The rate of teen suicide has reached epidemic proportions. It's an issue that needs to be openly discussed. Dawson McAllister talks with teachers, counselors, police, and medics who must witness the devastating effects of attempts at suicide. We must help one another recognize that each of us is unique and has something to contribute to the world.

### **A LIFE SAVED: THE STORY OF A SUICIDE INTERVENTION (DVD+VHS)**

*Grade Level:* 8-12, Adult

*Details:* 10 min., 2002, Maine Youth Suicide Prevention Program

*Synopsis:* The video is appropriate for use with both adult and youth audiences to illustrate the value of teaching everybody about suicide prevention. When knowledgeable, trusted adults and young people are educated to know how to recognize and respond to suicidal behavior, more suicides will be prevented. This video can stand alone, but is especially effective when used with a companion video "Suicide: A Guide to Prevention.

### **LONELINESS**

*Grade Level:* 7-12, Adult

*Details:* 11 min., 1992, Kinetic Inc.

*Synopsis:* Many teens acknowledge they feel a little lonely sometimes, but when given the opportunity to open up, they reveal significant pockets of loneliness hidden in the dark closets of their hearts. The secret nobody tells is that everybody is lonely. Loneliness means different things to different people. The teens in this program talk about being outside the group, trouble

making friends, not being accepted/loved by parents and peers, wanting to be alone, abuse, physical differences, racism, depression, and how to deal with loneliness - destructively and constructively. Kids discover that there are people who care, that everyone feels loneliness, that counseling and talking helps, and that there are positive ways to deal with loneliness.

### **LOST AND FOUND: YOUNG PEOPLE TALK ABOUT DEPRESSION**

*Grade Level:* 5-9

*Details:* 21 min., 1996, Film Ideas

*Synopsis:* This video features eight young adults from age eleven to twenty, who discuss the sources, impact and aftermath of depression on their lives and describe the effects of depression on their feelings, actions, conversation and even their choice of clothing. This video is intended to stimulate discussions for young adults on the difficult issue of depression.

### **MORE THAN SAD: TEEN DEPRESSION (DVD)**

*Grade Level:* 9-12, Adult

*Details:* 26 min., 2009, American Foundation for Suicide Prevention

*Synopsis:* This video features four character vignettes, each designed to present to teens a recognizable picture of depression, reduce fears and misconceptions about treatment, and promote help-seeking behavior among teens. Various symptoms and pathways to treatment are highlighted as well.

### **THE OTHER SIDE OF BLUE: THE TRUTH ABOUT TEENAGE DEPRESSION**

*Grade Level:* 9-12, Adult

*Details:* 31 min., 2000, Fanlight Productions

*Synopsis:* Case studies of teenage depression, with commentary by psychiatrists and social workers.

### **A PREVENTABLE TRAGEDY: FIRST RESPONSE TO SUICIDAL YOUTH**

*Grade Level:* Adult

*Details:* 24 min., 1999, ME Youth Suicide Prevention

*Synopsis:* This is a training tool designed to educate viewers about youth suicide and early intervention steps that may help prevent the tragedy. It works well both as a stand-alone educational viewing and as part of a youth suicide prevention awareness program. A study guide with additional information is included. This video has been developed for an adult audience including public safety personnel, educators, counselors, therapists, parents and others concerned about youth suicide.

## **POWER SURGE SERIES: HOT TOPICS FOR TEENS**

*Grade Level:* 7-12, Adult

*Details:* 7 @ 16 min., 1995, Bureau for At-Risk Youth

*Synopsis:* These are fast-paced documentaries for teens. Every story is real, and relates to teens. They are combined with help, encouragement, and advice from experts who help teens all the time.

- 1) **Alcohol**
- 2) **Drugs**
- 3) **Suicide**
- 4) **Self Image**
- 5) **Loneliness**
- 6) **Depression**
- 7) **Stress**

## **REACH OUT WITH HOPE-ADULT SUICIDE**

*Grade Level:* Adult

*Details:* 19 min., 1992, Suicide Information & Education Center

*Synopsis:* This video, serves as an introduction to the issue of suicide among adults, provide viewers with an overview of some of the risk factors for adult suicide and characteristics that have been found to be common among adults who have committed suicide. The video also provides some guidelines on how to assist an adult who is experiencing a suicidal crisis.

## **SUICIDE: A GUIDE TO PREVENTION**

*Grade Level:* 7-12, Adult

*Details:* 22 min., 1998, NoodleHead Network

*Synopsis:* In a Kid-friendly way, this video clearly shows what kids can do if a fellow teen is talking about suicide or showing warning signs. Interviews with previously suicidal teens reinforce the importance of the role-plays that follow. Created by a group of teens and counseling experts, this video is also an excellent training tool for professionals who want to hone their skills in talking with kids.

## **SUICIDE: A GUIDE TO PREVENTION (SHORT VERSION)**

*Grade Level:* 7-12, Adult

*Details:* 13 min., 2004, Noodlehead Network

*Synopsis:* This is a shorter version of the original video (of the same name) that features kids showing other kids what to do if a fellow teen is talking about suicide or showing warning signs. The video was created by a group of teens and counseling experts and is an excellent training tool to demonstrate intervention skills for both teens and adults. It is especially effective when used as a companion video to "A Life Saved," which is the true story of how three Maine boys intervened with a friend as a direct result of watching "Suicide. A Guide to Prevention" as a part of the Lifelines Program offered in their health class.

## **SURVIVING SUICIDE: THOSE LEFT BEHIND**

*Grade Level:* Adult

*Details:* 51 min., 2003, Discovery Channel

*Synopsis:* What happens to the loved ones left behind following a completed suicide? When unable to escape feelings of guilt, they are nine times more likely to take their own lives. Judy and Paul Tunkle—who lost their daughter, Lea, at the age of 22—have worked tirelessly to change that. This program highlights their efforts, as well as the labors of many survivors, to provide assistance to those left in suicide's wake. Along the way, the Tunkles reflect on their daughter's life, and other survivors share their experiences of loss and hope.

## **THE TRUTH ABOUT SUICIDE: REAL STORIES OF DEPRESSION IN COLLEGE**

*Grade Level:* College, Adult

*Details:* 27 min., 2005, AFSP

*Synopsis:* This video was developed by the American Foundation for Suicide Prevention as a part of its commitment to support Colleges and Universities in implementing suicide prevention as an integral part of their ongoing campus activities and services. The aim of this film is to present a recognizable picture of depression and other problems associated with suicide, as they are commonly experienced by college students and other young adults.

## **UNDERSTANDING AND PREVENTING SUICIDE (DVD)**

*Grade Level:* Adult

*Details:* 28 min., 2008, Glendon Association's Violence and Suicide Prevention Alliance

*Synopsis:* How can you know if your family member or friend may be suicidal? How do you recognize the warning signs? How can you help? This film highlights the lives of three individuals, Kevin, Susan, and Trish, who made serious suicide attempts and lived. Listen to their stories and journeys to recovery. Learn from experts in suicide prevention and treatment. The film includes a directory of resources on suicide prevention.

## **UNDERSTANDING SUICIDE AND ADDICTION (DVD+VHS)**

*Grade Level:* Adult

*Details:* 20 min., 2003, Hazelden

*Synopsis:* People who have been diagnosed with addiction and have contemplated suicide share firsthand experiences. The video discusses risk and protective factors, and focuses on practical strategies to reduce suicide risk and improve life quality. Professionals provide clinical insights on key issues.

## **BOOKS:**

For a complete listing, visit our online catalog at: <http://maineosa.org/irc/>

---

**102 Creative strategies for working with depressed children and adolescents: a practical resource for teachers, counselors, and parents/** Randall Kaye, Chapin, S.C.: Youth Light, 2007  
SUI R191cs 2007

**Addressing suicidal thoughts and behaviors in substance abuse treatment/** Rockville, MD: U.S. Dept. of Health and Human Services, 2009  
CSAT T784 no.50

**Adolescent suicide: a school based approach to assessment and intervention/**  
William G. Kirk, Edina, MN: Johnson Institute 1993  
SUI K59s

**Adolescent suicide: assessment and intervention/** Alan L. Berman, Washington, D.C., American Psychological Association, 2006  
SUI B516as 2006

**Adolescent suicide: the task force on the prevention of adolescent suicide and self-destructive behaviors/** Augusta, ME: Office of Substance Abuse, 1996  
SUI A239s

**After a suicide: a workbook for grieving kids/** Burnsville, N.C.: Compassion Books 2001  
SUI A258sw

**Assessing and managing suicide risk: core competencies for mental health professionals: participant manual/** Washington, D.C., Educational Development Center, 2006  
SUI A846ms

**Breaking the silence: a guide to help children with complicated grief--suicide, homicide, AIDS, violence and abuse/** Washington, D.C., Accelerated Development, 1996  
ADO G619bs

**But I didn't say goodbye: for parents and professionals helping child suicide survivors/** Barbara Rubel. Kendall Park, N.J., Griefwork Center, 1999  
SUI R638bd

**Children of Jonah: personal stories by survivors of suicide attempts/** edited by James T. Clemons. Sterling, VA, Capital Books, 2001  
SUI C626cj

**Choosing to live: how to defeat suicide through cognitive therapy/** Thomas E. Ellis & Cory F. Newman, Oakland, CA: New Harbinger Pub. 1996  
SUI E47cl

**Companion through the darkness: inner dialogues on grief/** Stephanie Ericsson. New York, N.Y.: Harper Perennial, 1993  
SUI E68ct

**Confronting death in the school family: guidelines and tools for adding a tragedy component to your crisis response team/** Dave Opalewski, Chattanooga, TN: National Center for Youth Issues, 2007  
SUI O61cd 2007

**Coping with depression: from catch-22 to hope/** Jon G. Allen, Washington, D.C.: American Psychiatric Pub., 2006  
PSY A427cd 2006

- Current practices in screening, referral and management of suicidal youths by a sample of primary care providers in Maine, April 2002/** Prepared by Dheeraj Bansal, Diane Haley and Jennifer Boynton  
Augusta, ME, USM Muskie School, 2002 SUI B219cp
- Death at school: a guide for teachers, school staff, counselors and administrators/** Janice Lord,  
Irving, TX: MADD 1995. SUI L866ds
- Depression and relapse: a guide to recovery/** Terence T. Gorski, Independence, MO: Herald  
House/Independence Press, 2006 CHE G674dr
- Dialectical behavior therapy with suicidal adolescents/** Alec L. Miller, New York: Guilford Press,  
2007 SUI M647d 2007
- Dying to be free: A healing guide for families after a suicide/** Beverly Cobain, Jean Larch, Center City,  
MN: Hazelden. 2006 SUI C652db 2006
- Eight stories up: an adolescent chooses hope over suicide/** Lezine A. DeQuincy, Oxford, N.Y.: Oxford  
University Press, 2008 SUI L686su 2008
- Facilitating suicide bereavement support groups: a self-study manual/** John R. Jordan, New York,  
N.Y.: American Foundation for Suicide Prevention, 2007 SUI J82sb 2007
- Five minutes of your time can mean a lifetime to a suicidal adolescent/**  
Chicago, IL: University of Illinois at Chicago, 1995 SUI F565my
- Grieving a suicide: a loved one's search for comfort, answers & hope/** Albert Y. Hsu, Downers  
Grove, IL: Intervarsity Press, 2002 SUI H873gs 2002
- Grieving, sharing and healing: a guide for facilitating early adolescent bereavement groups/** Rekka  
Murthy & Lisa Lorraine Smith, Champaign, IL: Research Press, 2005. SUI M984gs
- Healing suicidal veterans: recognizing, supporting, and answering their pleas for help/** Victor  
Montgomery III, Far Hills, N.J.: New Horizon Press, 2009 SUI M788h 2009
- Help me, I'm sad: recognizing, treating, and preventing childhood and adolescent depression/** David  
G. Fassler and Lynne S. Dumas. New York: Viking, 1997. SUI F249hm
- Helping children grieve: when someone they love dies/** Theresa Huntley.  
Minneapolis, MN: Augsburg, 1991. SUI H954hc
- Helping children manage stress: a guide for adults/** James H. Humphrey; foreword by Paul J. Rosch.  
Washington, DC: Child & Family Press, 1998. PSY H927hc
- Helping students overcome depression and anxiety: a practical guide/** Kenneth W. Merrell, New  
York: Guilford Press, 2008 PSY M568hs 2008
- Helping teens cope with death/** Portland, OR: The Dougy Center, 1999. SUI H483tc



- Helping the grieving student: a guide for teachers.** / Portland, OR: The Dougy Center, 1999.  
SUI H483gs
- Helping your depressed child: a step-by-step guide for parents/** Martha Underwood Barnard, Oakland, CA: Publishers Group West, 2003  
SUI B259hy
- Helping your depressed teenager: a guide for parents and caregivers/** Gerald D. Oster Wexford, PA: Courage to Change 1995  
ADO O85h
- How I stayed alive when my brain was trying to kill me: one person's guide to suicide prevention/** Susan Rose Blauner, N.Y., W. Morrow, 2002.  
SUI B645hs
- International handbook of suicide and attempted suicide/** edited by Keith Hawton and Kees van Heeringen, N.Y., Wiley, 2000. (*library use only*)  
SUI H399hs
- Katie's diary: unlocking the mystery of suicide/** edited by David Lester, NY: Brunner-Routledge, 2004.  
SUI K19du
- Living when a young friend commits suicide, or even starts talking about it/** Earl A. Grollman and Max Malikow., Boston, Beacon Press, 1999.  
SUI G875
- Making sense of suicide: an in-depth look at why people kill themselves/** David Lester. Philadelphia, PA: Charles Press, 1997.  
SUI L642ms
- Managing suicidal risk: a collaborative approach/** David A. Jobes, New York: Guilford Press, 2006  
SUI J62M 2006
- Measuring suicidal behavior and risk in children and adolescents/** David B. Goldston. New York: APA Books, 2003  
SUI G622m
- Monochrome days: a firsthand account of one teenager's experience with depression/** Cait Irwin, Oxford, N.Y.: Oxford University Press, 2007  
SUI I72md 2007
- A new lease on life: facing the world after a suicide attempt/** John A. Chabot. Minneapolis, MN: Fairview Press, 1997.  
SUI C428nl
- Night falls fast: understanding suicide/** Kay Redfield Jamison, NY: Knopf, 1999.  
SUI J32nf
- No one saw my pain: why teens kill themselves/** Andrew E. Slaby, Lili Frank Garfinkel, New York: Norton, 1994.  
ADO S631
- No time for goodbyes: coping with sorrow, anger, and injustice after a tragic death/** by Janice Harris Lord. Ventura, CA: Pathfinder Pub.1991.  
SUI L866nt
- A parent's guide for suicidal and depressed teens: help for recognizing if a child is in crisis and what to do about it/** Kate Williams, Center City, MN: Hazelden, 1995. SUI W724pg
- People in crisis: understanding and helping/** Lee Ann Hoff, San Francisco, CA: Jossey-Bass Publishers 1995  
PSY H698p

- Perspectives on college student suicide** / Ralph L.V. Rickgarn, Amityville, N.Y.: Baywood Pub. Co., 1994  
EDU R539pc
- Planning to live: evaluating and treating suicidal teens in community settings**/ Mary Jane Rotheram-Borus, Mount Dora, FL: Kidsrights 1990.  
SUI R846p
- The power to prevent suicide: a guide for teens helping teens**/ Richard E. Nelson Minneapolis, MN: Free Spirit, 1994.  
SUI N429
- Practice principles: a guide for mental health clinicians working with suicidal children and youth**/ British Columbia, Ministry of Children and Family Development, 2001 SUI P895pg
- Preventing youth suicide: a handbook for educators & human service professionals**/ Marcia L McEvoy Holmes Beach, FL: Learning Publications 1994.  
SUI M142py
- Recovering from depression: a workbook for teens**/ by Mary Ellen Copeland and Stuart Copans, Baltimore, MD, Paul H. Brookes Pub. 2002  
SUI C784rd
- Signs of self-injury program: implementation guide and resources**/ Douglas Jacobs, Worcester, MA: Screening for Mental Health, 2009  
EDU J17a 2009
- Step by step to suicide prevention: a planning guide for schools**/ William Kane & Marcia Quackenbush, Santa Cruz, CA ETR Assoc., 2005  
SUI K16ss 2005
- Straight talk about death for teenagers: how to cope with losing someone you love** / Earl A. Grollman, Boston: Beacon Press, 1993.  
SUI G875st
- A student dies, a school mourns: dealing with death and loss in the school community**/ Ralph L. Klicker, Philadelphia, PA: Accelerated Development, 2000.  
SUI K65sd
- Suicide: an essential guide for helping professionals and educators**/ Darcy Haag Granello, Boston: Pearson/Allyn & Bacon, 2007  
SUI S749eg 2007
- Suicide prevention toolkit: for rural primary care**/ Boulder, CO: Western Interstate Commission for Higher Education, 2009  
4997
- Suicidal youth and the school: an educator's guide**/ Sigurd Zielke Troy, MI: Performance Resource Press 1994.  
SUI Z66s
- Suicide and the older adult**/Antoon A. Leenaars, editor, NY: Guilford Press 1992.  
SUI S486L
- Suicide: an essential guide for helping professionals and educators**/ Darcy Haag Granello & Paul F. Granello, Boston: Pearson/Allyn & Bacon, 2007.  
SUI S749eg 2007
- The suicide of my son: a story of childhood depression** / by Trudy Carlson. Duluth, MN: Benline Press, 1995.  
SUI C284sm
- Suicide prevention in the schools: guidelines for middle and high school settings**/ David Capuzzi, Alexandria, VA: American Counseling Association, 1994  
SUI C255sp

**Suicide, survivors: a guide for those left behind/** Adina Wroblewski, Minneapolis, MN: Afterwords, 1994. SUI W957ss

**Suicide survivors' handbook: a guide for the bereaved and those who wish to help them/** Trudy Carlson, Duluth, MN: Benline Press, 1995 SUI C284ss

**Suicide the forever decision: for those thinking about suicide and for those who know, love and counsel them/** Paul G. Quinnett, Wexford, PA: Courage To Change, 1996. SUI Q7s

**Suicide: understanding and responding: Harvard medical school perspectives /** edited by Douglas Jacobs & Herbert N. Brown, Madison, CT: International Universities Press, 1990 SUI J17s

**Suicide--why? 85 questions and answers about suicide /** Adina Wroblewski, Minneapolis, MN: Afterwords, 1995. SUI W957sw

**Team up to save lives what your school should know about preventing youth suicide/** Chicago, IL: University of Illinois at Chicago, 1995. SUI T253us

**Teen suicide/** Judith Galas, San Diego, CA: Lucent Books, 1994. SUI G146ts

**Teen suicide: is it too painful to grow up?/** Eleanor Ayer, NY: Twenty-First Century Books, 1993. SUI A976ts

**Touched by suicide: hope and healing after loss/** Michael F. Myers, NY: Gotham Books, 2006. SUI M996ts 2006

**Understanding suicide and addiction/** Patricia Owen. Center City, MN: Hazelden 1994. SUI O97us

**When a friend dies: a book for teens about grieving and healing/** Marilyn E. Gootman. Minneapolis, MN: Free Spirit, 1994. SUI G659wf

**What on earth do you do when someone dies?/** Trevor Romain: edited by Elizabeth Verdick, Minneapolis, MN: Free Spirit Press 1999 SUI R757

**When death impacts your school: a guide for school administrators/** Portland, OR: The Dougy Center, 2000 SUI W567di

**When living hurts: a lively what-to-do book for yourself or someone you care about who feels discouraged, sad, lonely, hopeless, angry or frustrated, unhappy or bored, depressed, suicidal /** Sol Gordon, NY: UAHC Press, 1994. SUI G665wl

**When nothing matters anymore: a survival guide for depressed teens/** by Bev Cobain ; edited by Elizabeth Verdick, Minneapolis, MN : Free Spirit, 1998. SUI C652wn

**Why people die by suicide/** Thomas E. Joiner, Cambridge, MA: Harvard Univ. Press, 2005. SUI J74wp 2005

**Why suicide? Answers to 200 of the most frequently asked questions about suicide, attempted suicide, and assisted suicide/** Eric Marcus, NY: HarperCollins, 1996.  
SUI M322w

**Youth at risk: a prevention resource for counselors, teachers, and parents/** edited by David Capuzzi and Douglas R. Gross Troy, MI Performance Resource Press 1996  
PRE C255y

**Youth suicide: a comprehensive manual for prevention and intervention /** Barbara Barrett Hicks. Bloomington, IN: National Educational Service, 1990  
SUI H631y

## **PAMPHLETS from the IRC:**

---

- ❖ **About Suicide: From Depression to Hope**
- ❖ **After an Attempt (Medical Providers, Family or Yourself)**
- ❖ **CAL Card: Caring About Lives** (wallet card with warning signs, how to help and crisis number.)
- ❖ **Coping With Loss from Suicide**
- ❖ **Depression: There's Hope and Help**
- ❖ **Living with Someone Who is Depressed**
- ❖ **Maine Youth Suicide Prevention Education, Resources and Support—It's Up to All of Us.: Information Booklet**
- ❖ **Maine 24 Hour Crisis Hotline (Magnet)**
- ❖ **Suicide –A Cry for Help**
- ❖ **Suicide: It's Up to All of Us**
- ❖ **Suicide is Preventable (bookmark)**
- ❖ **Suicide: Who is at Risk? A Checklist of Signs and Symptoms**
- ❖ **Suicide—Young Lives at Risk**
- ❖ **Teen Depression and Suicide**
- ❖ **When it Seems like there is No Hope; There is hope**
- ❖ **Worried About a Friend (book cover and poster)**

# RESOURCES on the WEB

---

## **Maine Suicide Prevention Program:**

**<http://www.maine.gov/suicide/>** A collaborative initiative among several state agencies to increase public awareness around suicide prevention. Multiple program strategies reach the general public, individuals in direct contact with youth, and young people at risk.

## **American Association of Suicidology (AAS)**

**[www.suicidology.org](http://www.suicidology.org)** The American Association of Suicidology (AAS) promotes research, public awareness programs, and education and training for professionals and volunteers. In addition, it serves as a national clearinghouse for information on suicide.

## **The American Foundation for Suicide Prevention (AFSP)**

**[www.afsp.org/](http://www.afsp.org/)** The AFSP is dedicated to advancing our knowledge of suicide and our ability to prevent it. Site provides links to the Best Practices Registry for Suicide Prevention.

## **Centre for Suicide Prevention-**

**[www.suicideinfo.ca/](http://www.suicideinfo.ca/)** The Centre's Suicide Information and Education Collection (SIEC) holds the world's largest English language collection of materials on suicide and suicidal behaviours. This site gives recommendations on where to get help, in both Canada and the U.S.

## **Cornell Research Program on Self Injurious Behavior in Adolescents and Young Adults**

**[www.crpsib.com/whatissi.asp](http://www.crpsib.com/whatissi.asp)** This site summarizes the work being done at Cornell and provides links and resources for information of value in understanding, detecting, treating, and preventing self-injurious behavior (SIB) in adolescents and young adults.

## **Depression and Bipolar Support Alliance**

**[www.DBSAAlliance.org](http://www.DBSAAlliance.org)** DBSA offers information on depression and bipolar disorder as well as listings to patient support groups across the U.S.. They also offer a toll-free information and referral line.

## **International Association for Suicide Prevention (IASP)**

**[www.IASP.info](http://www.IASP.info)** An international association of concerned persons and organizations working in suicide prevention.

## **The Jed Foundation**

**[www.jedfoundation.org](http://www.jedfoundation.org)** The Jed Foundation works to prevent suicide and promote mental health among college students.

## **National Suicide Prevention Lifeline**

**[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)**, 1-800-273-TALK (8255) This is a network of crisis centers serving the entire country. Calls originating from anywhere in the country will be routed, 24 hours a day, to the nearest available crisis centers.

## **SAMHSA Suicide Prevention Resources**

**[www.samhsa.gov/prevention/suicide.aspx](http://www.samhsa.gov/prevention/suicide.aspx)** Links to data, resources, free publications and events.

## **SAVE -- Suicide Awareness Voices of Education (SAVE)**

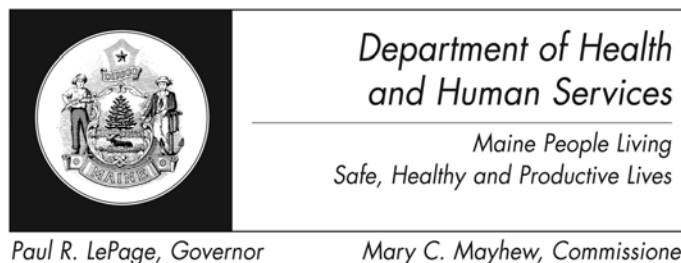
**[www.save.org](http://www.save.org)** Dedicated to preventing suicide through public awareness and education, reducing stigma, and serving as a resource for those touched by suicide.

## **SPAN (Suicide Prevention Action Network)**

**[www.spanusa.org/](http://www.spanusa.org/)** A U.S. network of persons working to raise national awareness and advocate for a national suicide prevention policy.

## **Suicide Prevention Resource Center**

**[www.sprc.org](http://www.sprc.org)** This is the nation's only federally supported resource center devoted to advancing the National Strategy for Suicide Prevention.



The Department of Health and Human Services does not discriminate on the basis of disability, race, color, creed, gender, sexual orientation, age or national origin in admission or access to or operations of its programs, services, or activities, or its hiring or employment practices. This notice is provided as required by Title II of the Americans with Disabilities Act of 1990 and in accordance with the Civil Rights Act of 1964 as amended, Section 504 of the Rehabilitation Act of 1973 as amended, the Age Discrimination Act of 1975, Title IX of the Education Amendments of 1972 and the Maine Human Rights Act. Questions, concerns, complaints or requests for additional information regarding the ADA may be forwarded to DHHS ADA Compliance/EEO Coordinator, SHS #11, Augusta, ME 04333; (207) 287-4289 (V) or (207) 287-3488 (V), TTY: 800-606-0215. Individuals who need auxiliary aids or services for effective communication in programs and services of DHHS are invited to make their needs and preferences known to the ADA Compliance/EEO Coordinator. This information is available in alternate formats upon request.